



Discover your Raleigh Parks and Recreation Department

Adult Programs

Greystone Blanketeers (Ages 55 & up)

Knit, crochet, sew or quilt for charity. We make blankets, hats and Afghans for various charitable organizations in the Raleigh area. Items are distributed to Local women's shelters, local hospitals, and homeless groups. Come join us, meet new people and help bring a little joy to those in need. We do not offer lessons but all members gladly share their knowledge. For those who cannot attend but wish to make items at home, all items are gladly accepted. For more information contact Betty Boucher at (919) 996-4848.

4th Tuesday of the Month:

Fee: \$0

#135328	Jan 22	1:00 PM-4:00 PM
#135329	Feb 26	1:00 PM-4:00 PM
#135330	Mar 26	1:00 PM-4:00 PM
#135377	Apr 23	1:00 PM-4:00 PM

Scrapbooking (All Ages)

Let your imagination run wild as you explore the art of scrapbooking and card making! During this course you will learn basic as well as advance techniques for creating artful and meaningful cards, scrapbook pages, and/or collages. All the basic tools and supplies needed for the class will be provided. For more details, please call Greystone Recreation Center at 919-996-4848.

Saturdays:

Fee: \$40

#141472	Jan 19-26	9:00 AM-10:30 AM
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Saturdays:

Fee: \$80

#141469	Feb 2-23	9:00 AM-10:00 AM
#141470	Mar 2-23	9:00 AM-10:30 AM
#141471	Apr 6-27	9:00 AM-10:30 AM

Fitness Hula Hooping (All Ages)

Hoopng is a total body work-out that focuses on strengthening core muscles, toning arms and legs and providing a cardio work-out that can burn over 300 calories in a 30 minute session.

Participants use custom sized weighted hoops to burn calories, get you fit, and provide lots of fun! Our class is designed for both beginner and intermediate level participants. You will learn basic moves that get you comfortable moving the hoop around and off your body. Hoops will be provided for each participant. For more details, please call Greystone Recreation Center at 919-996-4848.

Tuesdays:

Fee \$16

#141468	Jan 22-29	6:30 PM-7:00 PM
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Tuesdays:

Fee \$32

#141465	Feb 5-26	6:30 PM-7:00 PM
#141466	Mar 5-26	6:30 PM-7:00 PM
#141467	Apr 2-23	6:30 PM-7:00 PM

Pilates Mat (All Ages)

Pilates workouts are designed to develop strength through the core of the body-the back, abdomen and hips and to improve flexibility and coordination without the use of weights or other equipment. In this mat based program, consisting of stretching and strength exercises, our instructor will lead you through a series of moves that target your postural and core muscles while utilizing the weight of your own body to create amazing toning, strengthening, and shaping results. Please call Greystone Recreation Center at 919-946-3841 for more details.

Mondays and Wednesdays:

Fee \$30

#141460	Jan 23-30	11:45 AM-12:45 PM
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Mondays and Wednesdays:

Fee \$80

#141457	Feb 4-27	11:45 AM-12:45 PM
#141458	Mar 4-27	11:45 AM-12:45 PM
#141459	Apr 8-May 1	11:45 AM-12:45 PM



Greystone Recreation Center | 7713-55 Lead Mine Rd | Raleigh, NC 27615 | (919) 996-4848
Director: Elizabeth Daniel | elizabeth.daniel@raleighnc.gov

www.parks.raleighnc.gov/

Seniorcise *(All Ages)*

Low impact exercises for older adults. Strengthen your muscles and improve your movement for a healthier lifestyle. The goal of this class is to improve balance, flexibility, and strength through stretching, light weights, and aerobic activity. There are different instructors for each location.

Mondays and Fridays:

Fee: \$15

#137806 Jan 7-Feb 1 10:00 AM-10:45 AM

Mondays:

Fee: \$8

#137807 Feb 4-25 10:00 AM-10:45 AM

#137808 Mar 4-25 10:00 AM-10:45 AM

#137809 Apr 1-29 10:00 AM-10:45 AM

Fridays:

Fee: \$8

#142343 Feb 8-Mar 1 10:00 AM-10:45 AM

#142344 Mar 1-29 10:00 AM-10:45 AM

#142345 Apr 5-26 10:00 AM-10:45 AM

Bingo *(All Ages)*

Come and enjoy making friends and sharing lots of laughs while playing Bingo! This is not your typical Bingo.....we play a variety of games each day from straight bingo, to 4 corners, postage stamp and clear all.

1st and 3rd Tuesdays of the Month

(Fee is \$1 for 3 cards or 50 cents per card.)

#137805 Jan 8-Apr 30 2:00 PM-3:30 PM

Senior Fridays *(Ages 55 & up)*

Enjoy time playing cards and games while socializing with your friends. Feel free to bring cards and games with you!

Fridays

Fee: \$0

#138306 Jan 4-Apr 26 1:00 PM-3:00 PM

Mah Jongg Beginners *(All Ages)*

Mah Jongg is a tile game that can be traced back to the end of the last century. Recently a growing number of people are realizing the intellectual challenge Mah Jongg poses and the beauty and excitement of the game itself.

Mondays:

Fee: \$0

#136218 Jan 7-28 2:00 PM-4:00 PM

Mah Jongg Intermediate *(All Ages)*

These intermediate workshops are for those individuals that have been through the Mah Jongg beginners' workshop or have played the game in the past and need a refresher course.

Mondays:

Fee: \$0

#142310 Feb 4-25 2:00 PM-4:00 PM

Mah Jongg Open Play *(All Ages)*

Come play Mah Jongg with your friends. This program is for individuals who know how to play and do not need instructions. Bring your game boards and cards, some supplies are available.

Mondays:

Fee: \$0

#142238 Jan 7-Apr 29 2:00 PM-4:00 PM

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